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Monday, February 26, 2012

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Trudeau mania

Liberal leader front-runner makes campaign stop at Conestoga

BY KYLE NEWSOM/OLA

Students from Conestoga College packed the Grand entry on Feb. 7 to hear Justin Trudeau speak about how the business of politics in London and needs to change from the present system of installing "top down" government to one that is more representative of Canadians from all walks of life.

The 41-year-old Trudeau, who is the son of former Prime Minister Pierre Elliott Trudeau, and is the member of Parliament for the Montreal riding of Papineau, is on the campaign trail across Canada to gain support to his bid to win the Liberal leadership in April. He spent the morning in Cambridge and then stopped at the Union campus to rally his message to a collection of young people who he calls the most well informed generation in history.

"So, the last night now that this generation that is so engaged is so completely disconnected from politics, that 18- to 25-year-olds turn out to vote at only 55-58 per cent,

is not for me an indictment of young people it is obviously an indictment of politicians and politics today. Something has to change," said Trudeau. "What has to change is our voters need to matter to us more."

Trudeau, who is one of nine candidates in the race to replace Bob Rae as party leader, is considered the front runner and according to a new Forum Research poll commissioned by the National Post would win a majority government in an election against the Conservative led by Prime Minister Stephen Harper.

"There's a good reason for this, according to Peter Maloney, an instructor at Conestoga, who helped bring Trudeau to the college. "I think that he has the right ideas. He moves to will between the English and French cultures," said Maloney after the Secretary had cleared out "It seems that people have attached their hopes to him. He was Ottawa."

One only had to look around

the Gymnasium and see the stamped look on students' faces as proof of the ability of Trudeau to draw the crowd in and deliver a message that resonated with everyone, both young and old.

"Over the past 50 years the very idea of progress in this country has stumbled a bit, because if the Canadian party has more than doubled grown more than 100 per cent, a median middle class family income has grown by only 10 per cent," Trudeau said.

"So what a message the post gave that the vast majority of us are working so hard to create everything through our hard work, through our taxes for our governments we are a part of it, not being shared equally among us all."

Also present was Minister-elect, MP Marc Garneau, Conestoga first man in space, MP Joyce Murray, former cabinet minister, Michael Chabine, former Wilderick MP Martin Hall, President, BCAP, pilot, Karen McTavish, lawyer, Doug Bernatchi, Deborah Copin



PHOTO BY KYLE NEWSOM/OLA

Justin Trudeau, off-visit Conestoga students during a stop at the college Feb. 7

and George Takach and former mayor Tony Fallick. The winner will be announced April 14 in Ottawa. After

his appearance at Conestoga College, Trudeau headed to the University of Guelph to continue his tour of Ontario.

More than 4,000 students attend job fair

BY STEPHANIE LAFRANCE

Local post-secondary students and Postures for Employment teamed up on Feb. 8 to help over 4,000 students network and get jobs.

The Fall Job Fair held at the BSM Park in Waterloo, was a huge success, with over 150 employers at the event offering a wide variety of jobs.

Students and alumni from the University of Guelph, University of Waterloo, Wilfrid Laurier University and Conestoga College only needed to register online and produce their ID card to gain to meet with employers.

In order, to attend, each company needed to have a resume job available for students. However, they also offered full-time positions and advice for those who are prepared.

According to the job fair's website, to put up for the event, they advised students to visit the Career Services department at their respective schools to research on companies they were interested in and prepare a list of questions for each employer.

"They also noted with students should dress appropriately and needs to make an interview and enthusiasm that they would receive."

The Creditbank, a career advisor at Conestoga College, was at the event offering help. But also noted some students were asking questions that were hard to answer at a fair. "We're getting everything today in terms of what to do when they get leave to write the (CV), get down. We're getting the less-prepared students."

Creditbank and the talk-

ed to quite a few students and alumni from various universities who were under prepared. They advised these people to make appointments with Career Services at their respective schools to help them make decisions based on where they should take their schooling in order to get the career they want.

Some signs of the businesses were displayed at the back of the perimeter. Bryan Takachinski was for CIB Corp, a recruitment company. He was at the fair recruiting for Toyota Motor Manufacturing Canada for various positions including engineering, human resources and other jobs that required a specialized skill.

Takachinski and some of the questions asked at him were things that students had been researched before coming to the fair.

"They're asking about the company and what field to get into," he said. "I think they could be more prepared."

Not all the representatives knew that the event was called. Justin Bowman of the Walton Regional Police said the people who stopped by to talk to him were ones who had some experience in the field or knew what they wanted.

"With this job fair we're getting a lot of questions at both career opportunities and about apprenticeships and a few who are now trying with the idea and learning about it," Bowman said.

She also said the ones who were considering the event opportunities (posting) were prepared whereas the others who were considering whether they had no concept of what was required.

Though she didn't ask which

program the inquiring students were in, she did say she could tell which ones were more knowledgeable based on which jobs they were looking for.

And throughout the fair, there were some companies that were better than others, such as BlackBerry and Toyota, indicating that people knew what they wanted or they were attracted to a big name. Still, other smaller companies attracted their own clients.

The Fall Job Fair also offered a LinkedIn session in the gymnasium where students and alumni could learn how to use it effectively to obtain a job or network. Steve West, marketing manager and LinkedIn manager, ran three separate tutorials for anyone interested in attending.

Expo celebrates women and a healthy lifestyle

BY KARA MANNING

"The beauty of a woman is not in the clothes she wears, the figure that she carries or the way she looks or her hair. The beauty of a woman must be seen through her eyes because that is the doorway to her heart, the place where the reader lives." — Jane Lawrence

The Centre Wellington Women's Expo was for all women, whether they were mothers, sisters or wives.

On Feb. 19, hundreds of women in all their roles met to receive information on ways to improve their lives — including their spiritual, mental, emotional and physical health.

"We really take time to focus on our own needs and the idea behind this expo is for women to start really thinking about themselves in terms of their health," said Jennifer Vance, a certified health practitioner at Anchor Wellness, which provides personalized nutrition and wellness coaching. The company held its second expo at People's Centre Wellington.

Community Supporters.

The event tried to help women feel better about themselves.

"Love your life in not just one tape line. It's about we truly want for each and every person who has come today who has opened their minds to new ideas, fresh perspectives and a willingness to grow," Vance said.

All proceeds from admission and raffle tickets went to the Heart and Stroke Foundation, which focuses on educating people about preventing heart disease and stroke.

"Heart disease and stroke are the leading causes of death in women, yet many of us are not even aware of the threat," Vance said.

Vance and her colleagues, Karen Williamson created this non-profit expo a year ago. Both had loved ones who died from stroke. Vance's father-in-law, Karen's grandfather. So they wanted to put all their energy toward raising money for the Heart and Stroke Foundation.

With 40 vendors and several presentations, performances and demonstrations

throughout the event, there was always something new to watch, and many willing to share their information about nutrition, fitness and other products and services.

Charles Cicciocioppo, author of *Life in a Fat Ocean*, shared his inspirational story at the event about losing weight, mostly 150 pounds and changing his life and health for the better.

"It goes how everybody goes together with one thing in mind, what's healthy for me," Cicciocioppo said about the expo.

The vendors donated prizes for the raffle, which included the chance to win free classes or gift baskets.

As the day ended, Vance reminded everyone in the room that taking care of their well-being is something that should not stop.

"Self love is the path to self care, to better health, to gratitude and to happiness just, so if everyone you love, yourself just a little bit more."

For more information on the Centre Wellington Women's Expo, visit www.womensexpo.ca.



PHOTO BY KARA MANNING

Charles Cicciocioppo, author of *Life in a Fat Ocean*, holds up a shirt he wore before he lost weight, as he shares his inspirational story at the Centre Wellington Women's Expo on Feb. 19. Cicciocioppo, who was featured on *Dr. Phil*, talked about how he tackled his extra weight and changed the life for the better.

Local app combats homophobia and HIV

BY LORRAY TESSIER

The AIDS Committee of Greater and Wellington County has released a free mobile app to help combat homophobia and raise awareness about HIV transmission.

The new app, titled *Hi: Hi! Hi! Homophobia & HIV*, provides users with very straightforward to homophobia often, answers questions about HIV transmission, and even has a quiz which can rate your level of homophobia.

"The agency developed the app with the help of a local developer and with funding from the Public Health Agency of Canada."

"Utilizing technology such as this allows app allows us to address homophobia and HIV stigma which we know are key factors in reducing HIV transmission," says Tim Kennelwood, executive director of the AIDS Committee of Greater and Wellington County.

Olefin Kijewski, the AIDS committee's positive prevention co-ordinator, said she hopes the app will promote a positive discussion about homophobia and HIV transmission in a fun and accessible way.

"Our aim is to provide accurate information that people may feel too uncomfortable to find elsewhere, as well as to open up discussion and help build capacity to challenge homophobia," said Kijewski.

She said experts are starting to recognize the connection

between experiencing homophobia and transmission of HIV.

According to Kijewski, experiencing homophobia has been linked to homelessness and depression, as well as the transmission of HIV.

"Research is now showing that those who experience homophobia in forms such as isolation, bullying, racism and violence, are more experienced 'shame based' trauma, which can lead to an increase in 'risky behaviours' which are ultimately linked to an increased risk of HIV transmission," she said.

Recognizing that connection the AIDS committee wanted to develop a resource targeting youth that would educate them about HIV transmission and encourage them to challenge homophobia.

"Knowing that something like 90 per cent of youth use smartphones, 80 per cent of which are smartphones, what better way to disseminate that info but through an iPhone app?" said Kijewski.

"It is a better way to allow youth to access information in a convenient and fast way, using a tool that they spend the majority of their day on anyway."

Kijewski called Greater and Wellington County a progressive and accepting town, but added that homophobia still exists in the city.

"We need people often don't recognize that more visible



PHOTO BY LORRAY TESSIER

The AIDS Committee of Greater and Wellington County released an app to address homophobia and HIV transmission.

forms of homophobia, such as using experience like "That's so gay," or making assumptions about someone's sexual life can have an impact.

"It is important to recognize the harmful effect all those different forms of homophobia can have on our town and to be able to challenge them together."

"The app is currently only available for the iPhone and iPad but Kijewski and the AIDS committee would consider adapting the app to other platforms if a more popular

They can develop it the app of android/iOS app."

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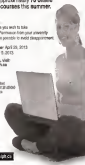
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Pet ownership not a right

BY KENNETH WILSON

Some believe the first dogmatized animals, we have been doing them wrong. We have abused them, exploited them and rarely stopped caring for them.

Some people let their cats wander. One of the pet laws with this is if that cat is not monitored or spayed, it can be at an unwanted fate. The majority of them end up in one of the local humane societies.

Another issue is by letting them wander freely, they cross streets and risk getting hit by a car. We'll be waiting and waiting for your cat to come back, but it won't because it will have been killed because you were irresponsible.

Last year, about 4,000 cats were brought in to the humane society locally. About 3,000 of those cats had to be put down. While some were euthanized due to health issues, some were euthanized even though they were perfectly healthy.

Domesticated animals depend on loving people to take care of them and feed them. In return, they give love, affection and loyalty. But, so many people aren't fulfilling their side of the bargain. The more someone only has so much room and money for stray, unwanted or lost dogs and cats. Shelters run out of room very quickly because of people's selfishness and irresponsibility.

While there have been some cases where dogs have run off, gotten lost and then lost to the humane society, they are often reunited with owners because they are chipped. Meanwhile, not so many cats are chipped, so if they get lost and taken to the humane society, they have lost a chance of being reunited with their owners.

There is an solution for all the stray and unwanted cats, and that is spay/neuter. Paying for an annual cat license would be an unwanted expense for some, however, it would increase the number of stray or lost cats that would be returned home, safe and sound.

Some pet store owners would try to resist this kind of system, but it would reduce the number of humans and puppies (irresponsible owners and reckless breeders) would have.

People like to have pets, and many treat their animals like family members. If you are thinking of getting one, remember that with having pets comes the responsibility to treat them with love, care and consideration. If not then for too many pet owners and breeders fail to do that.

The writer wishes, regarding the position of the newspaper, not necessarily the author.

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BlackBerry hopes its new phone will make a dent in the sales of Apple's iPhone.

New name won't make us forget

What's in a name? That which we call a rose by any other name would smell as sweet, or so the newly named BlackBerry's case, a little soon.

For anyone living in Rochester/Waterloo, regardless of your personal smartphone choice, Research In Motion (RIM) was a source of love (or hate). Research In Motion (RIM) was a source of love (or hate). Research In Motion (RIM) was a source of love (or hate).

For me, owning a BlackBerry was my way of having the latest technology and I was happy to stand by them, but when the product plummeted below standard, my support wavered.

Despite holding from friends and family will devoted by RIM, I wasn't able to justify hanging on to an under-performing product purely based on company loyalty. Respect to something that needs to be moved and maintained in the global marketplace.

The company who helped put Waterloo/Gst., on the technological map, has dropped the ball. Regardless of where their head office was located, I jumped ship.



Wilfred Smith
Opinion

and turned to the iPhone. Obviously, I wasn't alone. Due to weak returns in early 2012, RIM lost approximately 1,000 jobs including 1,000 in Waterloo Region alone. This past summer the same company stated it would be cutting another 1,000 jobs over the following three quarters while pushing the launch of their expected successor BlackBerry 10, even further into 2013.

An RIM's employees started to put the unemployment line, the company's revenue fell 42 per cent to \$2.4 billion US compared to \$4.4 billion for the third quarter of 2012.

Learning these figures in the marketplace resulted to some in a shock in some and employees started worrying about job security after years of being paid to the hilt.

So, when BlackBerry 10 launched earlier this month I was pretty shocked at the amount of failure attributed to the event. I understood the company is looking on this new product to pull them

out of the mud, but at what point do you draw the line as far as waiving them over their last old and tested, to the curb as your partner of higher profit margins?

Speaking about the endless spending and excess involved in launching the new smartphone, not to mention selling Anna Kays in their pajamas as the company's planned, creative director, made my blood boil. I can only imagine what it must've been like to be a friend of my family who now, of over 30 years of age, is working at Tom Hanks after being laid off from RIM earlier this year.

According to BlackBerry president and CEO, Thorsten Hees, the launch of their new BlackBerry 10 devices was their most successful release in Canada to date.

However, the future success of the company is going to depend on more than a new name, some new hype and a flashy celebrity endorsement.

If BlackBerry really wants to regain customer loyalty they need to concentrate less on the hype and more on returning those who have lost their jobs and make sure they're making and a quality product.

Some will be able to forgive but Waterloo may find it harder to forget.

SPOKE

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Giving children a fighting chance

BY GREEN HILL

It's a place where children and youths are always accepted and can call it a second home. It's a place where they can reach their full potential and grow. KidsAbility makes it possible for them to feel comfortable while learning how to do things they couldn't do before.

The organization (which was named KidsAbility Centre for Child Development in 2003) has been in existence for over 50 years. It was formerly known as the Rotary Children's Centre. The organization dates back to 1953 when the Rotary Club of Kitchener-Waterloo opened, with a mission of helping children and youths.

The Rotary Children's Centre served children in Kitchener, Waterloo, Cambridge, and Guelph through the 1980s and '90s. The climate began to expand which lead the centre to open a new place in 2003. Eventually, they partnered with the Cambridge Family YMCA. The next year it was renamed it KidsAbility in 2005. It hasn't always gone under the same name but the intent has always been to help young people have a better life. KidsAbility's mission is to support children and youths with special needs to make them feel positive and their vision is for them to be realized. The staff works with children and youths from birth until they are 18 years old. Sometimes, staff continues the friendships with their clients for the rest



PHOTO BY CHRISTA HILL

Pat Usher, client service manager at KidsAbility, has been a part of the organization for 28 years. She has dedicated her life to helping children and youths with disabilities.

of their lives.

Pat Usher, client service manager at KidsAbility, has learned remarkable lessons with some of her clients. Her very first client changed her life. He was four years old when she first met him.

"He had speech and I loved it. He taught me everything I know about occupational therapy," she said. Usher passed a friend and they kept in touch and eventually, he was passed away at the age of 40. His father reached out to her because he wanted her at the funeral to honour his son's life. Although he

wasn't always warm toward her, he said his wife expressed how Usher had made a huge impact on their son's life and was extremely thankful.

Prior to starting work at KidsAbility over 28 years ago, disabilities were present in her life. Her brother was diagnosed with speech and language disorders when he was around four years old and she also had speech and play issues with disabilities.

"It was always a part of my life. It was a part of my life even like day my brother was born," she said.

Because she understood the

struggle and accepted people who had them early on, it was difficult for her to see profound why people with disabilities weren't treated like everyone else.

After graduating from college Usher began working with children right away. She was hired by KidsAbility in 1985 as an occupational therapist. Although she is passionate about her job, she acknowledges that it can be difficult at times because of the amount of work involved. She says the staff at KidsAbility are amazing and highly dedicated to the team.

line of their clients.

"The always started by the connections between families and clients. I see the connections. I started at KidsAbility because I believe in the organization," she said.

Usher said there is nothing more satisfying than seeing someone in a power wheel chair for the first time. It gives the clients the ability to do things they couldn't do before. "It's like a child learning to walk."

One of Usher's clients had just started using a power wheelchair and when she spoke with the client's mother, she told Usher that she had to push her son for the very first time. She said she never pushed him before because he didn't have the ability to move around and do something wrong. The mother told Usher she was happy that she had to push him because of what it meant to her.

Some of the clients at KidsAbility also are speech generating devices to help them with their speech and language disabilities.

"It gives them a voice. I didn't own one. I love you, Mom and with the device, they can," Usher said.

After talking one of Usher's co-workers, she was happy to be in a profession where she can help others. Although has been at KidsAbility for about four and a half years and said the organization does wonderful things for clients and families who are in need.

"I'm so one of the clients' work I see here," she said.

Tri-City Eats airs on Rogers

BY CHRISTA HILL

Are you hungry for a challenge? Second-year Cambridge College broadcast television student Ryan Drury is. He is the host of Tri-City Eats, a new show being produced as part of Cambridge Connected, which airs on Rogers Cable 30 on Tuesdays at 9 p.m. and Wednesdays at 4 p.m. Drury tours around Kitchener and Cambridge visiting the best eateries where he attempts to eat any preparation.

On Feb. 8 he took on his first of eight challenges at Smokin' Tey's, like it? Que a challenge in Waterloo that features southern cuisine such as pulled pork, beef brisket, ribs and sweet potato macaroni.

The owner of Smokin' Tey's, Tony Arnett, was excited to see if Drury could complete the restaurant's 80/20 kitchen challenge. They gave potatoes 20 minutes to eat a massive sandwich topped with slaw

people of meat, cheese, stacked onions and delicious drizzling with sauce. On the table you also have to eat one and a half pounds of fries.

Arnett said the restaurant was happy to have Cambridge Connected showcase their food.

"We great that the students get to complete a project," he said. "It's a win-win for everybody in this."

Drury had never competed in a food challenge before but took on this show but he was determined to win. He said the restaurant said the first seven minutes flew by with slaw from the crowd providing encouragement. Drury quickly ate mouthfuls of meat but as the time passed, his determination waned and he could only consume one bite at a time. He ended up getting the "most effort" but he kept his promise to sit and continued to play through the food by talking himself. "Don't laugh, open the crowd, don't

look at the plate."

He wasn't able to finish the entire sandwich or the fries and left very bloated after eating so much as he could without puking but he is still excited to see what his next season challenge will bring.

"Looking forward to the next burger at Smokin's Pub. Burgers are my favourite and I can't wait to test my abilities against what I keep in the fridge at home," he said.

In addition to serving on Rogers cable, you can view the food challenges on your second cable-stay connected. If you want to share him as a person you can see where he will be eating next by visiting Cambridge Connected's Facebook page and on Twitter at @CConnected.

"My hope for future challenges is obviously to win one, but also to learn and gain knowledge about many different kinds of foods and cuisines as I go," Drury said.



PHOTO BY CHRISTA HILL

Ryan Drury, host of Tri-City Eats, tries to complete the 80/20 kitchen challenge at Smokin' Tey's in Waterloo on Feb. 8.

More to Love

Plus size lingerie shop makes everyone feel beautiful

BY JESSICA STEVENS

"It's not the norm to be a size zero or smaller," said Barbara Parsons, owner and operator of *Garters & Lace Plus* located on King Street in Cambridge.

According to the essay, *Female Body Image and the Mass Media: Perspectives on How Women Differ from the Ideal Woman Standard* written by Kathy L. Berber, feminine beauty is present in all forms of media.

"The media's standards of beauty are almost completely unattainable for most women, a majority of the models displayed on television and in advertisements are well below what is considered a healthy body weight. Most women's use of such anorexic

models sends an implicit message that in order for a woman to be considered beautiful, she must be unobtainable," Berber says.

Obviously, it isn't normal to be a size zero.

Parsons agreed her plus size women's lingerie store is hopes of making women feel beautiful and stay in control their own.

She also agreed it because she had technical knowledge of how challenging it was to find lingerie for plus size women.

One night, Parsons was talking with her husband and brother-in-law, and said jokingly, "I could open my own store. I could set it up in the basement and wrap all of the clothes up and everything."

That sparked the idea. After about six months of serious figuring out what was needed to open the business, and with a lot of help from her husband, son and friends, the store made its debut in February 2012.

The first thing that customers notice when walking into the retail shop, is the splash of color — purple, cream and a bright orange. Next the customer receives a "hello" and a big, bright smile from the lady behind the counter.

Parsons said she is there to make women feel comfortable and help them in any way possible.

"There is a lot of plus size women in the area and there was nowhere to buy lingerie," said Parsons. "I strongly believe our motto will run you are, we are a beautiful person."

Body image is defined as a subjective picture that one's own physical appearance is established both by self-perception and by looking the reactions of others.

Parsons said courtesy is popular belief, and plus size women are not uncomfortable, she said.

"A lot of the women who come into the store are not self-conscious about their size, only the odd one is uncomfortable," she said.



Photo by Jessica Stevens

Barbara Parsons, owner and operator of *Garters & Lace Plus* in Cambridge, stands at her cash register ready to assist customers.

Parsons worked in the industry for nearly a decade, for the majority of the time managing a retail store, before deciding to open her own business.

She didn't know all of the hurdles she had to face during her first year of business, but she believes it can only go up from here.

The biggest one is getting her name out in the community.

"I knew getting recognized and known in the area would be challenging. I just didn't expect it to be this hard," Parsons said.

Since her name isn't well-known in the community, she has also faced the lack of customer-challenging.

But Mike Parsons, Barbara's husband, has supported her in her endeavor from the beginning, and isn't stopping one.

"I know it's what she enjoys doing. I also know that she's good at it."

"To make her happy is my goal of it," he said.

Parsons said it was a dream of hers to open the store and hopes that within 10 years she will be able to open a few more *Garters & Lace Plus* in the region.

Garters & Lace Plus is located at 763 King St. E. in Cambridge. For more information contact Parsons at 528-653-1742.



Photo by Jessica Stevens

Garters & Lace Plus features lingerie in an assortment of colors and patterns. There come in both regular and plus sizes.



Student doesn't let disability hold her back

BY GALEEN McALLISTER

Entering the post-secondary world is overwhelming, and having to make new friends, learn where you stand on sex and manage piles of homework can be stressful.

But Sarah Bruce has another challenge to overcome. Not only does she wear a prosthetic leg, but she also has to live everyday tasks without hands.

Bruce has been a triple amputee since birth, and is now in her first year of Cambridge College's early childhood education (ECE) program.

In kindergarten, Bruce began wearing prosthetic limbs. But since she was already so used to doing things without them, she stopped using them.

Bruce, 18, is currently doing her field placement at Cambridge Children's Centre where, with help from her supervising teacher and the children, she is learning to do things she never thought she could.

"I can pick up kids, and their reactions I would care about badly," she said. "I've gained a lot of confidence since doing my placement."

When Bruce started her placement at the centre, kids stared, touched and asked questions.

"You don't have fingers," said one boy during a small group time.

"I know," Bruce replied as she passed him a glass of milk. "I was born like that."

The stares and questions are not

new to Bruce, but the fact that children are so accepting is what makes her feel so comfortable around them.

"It is wonderful to watch the kids. They don't view it as a disability," said Cambridge Children's Centre teacher, Beth Henry, who added, "They accept her for who she is, and that's the beauty of kids."

Bruce has always loved children. Although she is not sure what she wants to do upon she graduates from her program, she knows that whatever it is, it will be with children.

"I want to work with children to show them that I am normal, too," she said.

And Bruce lives on much of a normal, independent life as possible. Not only does she go to college, but she cooks and drives, too.

"It is something when people ask me can you do this?" she said. "It's like they assume I can't, even though I am very independent."

But there are still challenges that Bruce faces.


She is unable to tie up shoelaces, tie shoes and change diapers. And there could be potential problems, especially when working with children. But Henry believes if there is something that Bruce can't do, she can find a different way of doing it.

"We will do everything in our power to help her through this," she said.



Photo by GALEEN McALLISTER


Triple amputee and Cambridge early childhood education student Sarah Bruce is learning to do things she never thought she could at her work placement at the Cambridge Children's Centre.



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



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Penny a thing of the past

BY ALLAN PARSONS

Children's piggybanks will be a little lighter, next to the clinking, coppery penny, now that a Canadian penny has been retired. Since 1855, when the first penny was minted, it has symbolized Canada, being the only coin to bear a maple leaf.

The penny, officially known as the cent, was almost replaced by many Canadians. A survey conducted in 2007 approximated that only 37 per cent of Canadians used their pennies despite the fact that the government milled them at a rate of about 35 pennies per minute, per year.

Now they're gone, but not forgotten, as people cling to the nostalgic coin as a heritage memento. One of those people is Robert Graziano, the owner and designer of Coin Concepts in Mississauga, N.S. Graziano was the default coin to produce custom jewelry such as rings and pendants, for those looking for a little history on their person.

"I think the penny is a great bit of Canadian culture and social history," she said. "We all identify with it. I cannot imagine making a ring with the Centennial Pemmican or Parliament Hill with a dime."

Ruth Parsons, of Colonial Acme Coins Ltd., in Kitchener, views the penny as much the same way.

"We are seeing new people coming in and buying pennies and completing their penny collections," he said. "New customers can say they own a complete penny collection, 1855 to 2011."

He also recognizes that while the phasing out of the penny has concerned people's interest in them, it made sense for Ottawa



Many in ALLAN PARSONS

Ruth Parsons, of Colonial Acme Coins Ltd., shows off an older variety of the penny.

to stop production. He said the buying power of the penny has eroded with the economy and it is a financial burden on the mint. Given it costs 1.4 cents to make each one, as well as banks and businesses across Canada, which had to invest time and money into handling pennies.

But that doesn't mean that the penny has lost all value, resulting in often pennies and persons to collect it now in customers with "penny stories" of their own.

"Our senior collectors say, as children, the penny is what got them started on collecting. Many of them continue about their attempts to get one penny from each year."

Career and Employment Resources

Resume, Cover Letter and Job Fair Success Workshop

February 27 9 - 11:30am, Room 3A111
February 28 9 - 11:30am, Room 3A111
February 29 9 - 11:30am, Room 3A111

- Develop and polish your resume and cover letter for maximum impact
- Gain valuable tips, based on employer feedback, on how to make the most of our upcoming job-fairs. Job fair registration required via MyCareer.

Job Search and Interview Workshop

February 27 9 - 11:30am, Room 3A111
February 28 9 - 11:30am, Room 3A111
February 29 9 - 11:30am, Room 3A111

Maximize your job search and prepare for interviews. Registration required via MyCareer.

University Planning Workshop

February 27 9 - 11:30am, Room 3A111
February 28 9 - 11:30am, Room 3A111
February 29 9 - 11:30am, Room 3A111

Do you have a career goal that includes going to university after college? Be sure to attend this workshop. Registration required via MyCareer.

GreenFit Workshop

February 27 9 - 11:30am, Room 3A111

GreenFit is a two-part workshop that introduces multi-media presentations that address the issues of the environment, career opportunities, career success, resources and more. This event also provides information on the use of the online e-collaboration environment (e-collab).

Please Note: This is NOT a resume writing job search workshop. Registration is required via MyCareer.

Rapid Resume Review

March 7 11am - 1pm, Room 3A111

The registration is required.



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10am - 2pm Rec. Centre



Career Development Services

CO-OP & CAREER SERVICES

Find a job you're passionate about

BY JENNIFER LAMBERS

While children in kindergarten can learn the alphabet and figure out the correct way to count to 10 as by using their little fingers, they've also often asked a simple question: "What do you want to be when you grow up?" After choosing their careers, the classroom is then filled with ambitious five-year-olds who have hopes of being space cowboys, ballerinas, rock stars and superheroes.

Because that kind of quest is embedded into people's minds at such a young age, it can only be assumed that since they have so much time to think about it, everyone should be spending their lives doing something they're passionate about.

Unfortunately this is not the case.

According to a survey done by Gallup, a research-based public opinion and research consulting company that conducts nationwide polls, about 71 per cent of people are "not engaged" or "actively disengaged" from their job.

There are several explanations for this staggering statistic, but it's possible that the reason so many people are unhappy with their careers might be because they are not doing something that they are passionate about. But how does someone figure out what exactly that is?

In an article posted on The Postmedia Blog, Barrie Devonport, a life coach and blogger for Lori Reid and Bloom, says individuals will know they're really passionate about their careers when it feels euphoric and thrilling like being in love with someone. "The feelings are similar when you have a life passion. You experience those same feelings of elation and joy," she says in the blog.

"It creates the same sense of natural happiness and positivity because it creates an internal spark of deep interest, intensity and fulfillment in your life. These feelings provide the energy to deal with all aspects of your life more easily. You gain clarity about everything in your life."

Trish Holloway, a senior kindergarten partner at West Ridge Early Education Centre in Orillia, spent 18 years of her life working with a youth leadership group and had every question from a council led in the camp director.

"I knew from a young age that I wanted to work with kids but I didn't know which way it was going to go," she says.

After being a counselor for a

few years and helping help out the owner's children, Holloway was offered an administrative position at the camp and took it. She thought this would be a great career because there are chances for promotions and she would work directly in a place with youth.

Over the years, Holloway's interaction with kids became less and less as she climbed the camp's corporate ladder.

"I was doing, sending out camp information, managing the finances and much more," she says.

"I was also working long hours and rarely had time to spend with my husband."

Although she loved her job, Holloway, resigned from the camp in 2012 and took a bold step into the unknown.

"On 22 and 23 I moved back to really put out resumes, go to interviews, stress in professional clothing," she says.

"But I knew I had lost something different, something that would make me feel like I was doing something valuable and that would fit into my lifestyle."

She realized that since her main career goal is to work directly with children, she should apply for jobs at day camps. Because of her history of working at the camp, her potential employer hired her as the senior kindergarten partner. She plans to go back to school to become a teacher.

"In today's society, having only one job or career plan is not realistic," Holloway says.

"Do what you love and be ready for many different jobs. It's not 1950 anymore and you don't go to school graduate and then have your dream job forever."

Holloway suggests that for people who are on a journey to find their life's passion they should just do what they like best and let it allow to have a plan A, B and C.

She believes many people have a wide variety of different passions and should go after all of them. She says people should embrace every feeling that brings them happiness and success in it, even if it's not in a career sense.

"I could not have looked into a crystal ball and knew that I would have worked in the food and beverage industry, in hospitality at a middle management level, as an outdoor recreation centre as a creative director, now that myself worked in a classroom as a junior kindergarten classroom partner," she says.

Holloway, a new mother, recommends that people invest in an adult education



photos by JENNIFER LAMBERS

Lain Abbott-McLeod, above, a woodworking technology architectural artscape student at Collingwood College, hopes to own his own custom cabinet shop. Trish Holloway, below, a junior kindergarten partner at West Ridge Early Education Centre in Orillia, knew she wanted to work with children and made many career changes to get where she is now.

as possible, especially while they are young.

"I am in my 30s now, trying to manage a family and going back to school and it is hard," she says. "Some days it hurts and my body is so broken by the end of the day."

She says people should try and find a job that they love, and if they don't want to work in it, to remember that it's OK to move on.

"I think people settle on jobs because they get stuck and because change is tough," she says. "It's easier to stay in a role that is routine."

She thinks people should remember that there are incredible things paid to do meaningful things such as spray painting graffiti art, creating video games flying helicopters and shortbread, or professionally.

"If you love it, make it your life."

Phil Doucette also knows as Philly D, an professional motivational speaker for elementary schools across Canada, the author of *Breaking Your Life*, and the owner of three Motikin Yoga studios in Westport and Minneapolis. He says that everyone's story unfolds and at the end of the day, it comes down to doing what he or she loves to do. For Doucette, his passions were connected with the art of storytelling.

"This has always been at the root of all the things I do," he says.

"I use stories to teach, inspire and encourage people to take action in their own lives."

Doucette, who was once a speaker at a Ted Talks event in Montreal in 2011, says he's willing to help people come

from the constraints he made in his life and it has always been about relationships.

"I was fortunate enough to have wonderful teachers who pushed me and challenged me to do something with this ability to get people's attention," he says.

Today's generation shares their careers in just five years, and Doucette believes that the reason behind this is simply change.

"Our experiences call for action and that helps us to be a part of the change," he says.

He thinks an individual will know when it's time for a career change when they're in a place where their spirit is being pushed down.

"It simply means areas you're not sure things with not open," he says.

"Open your spirit up and keep forward. You will always end up where you are supposed to be."

"There are many people who choose to settle for careers that they don't find stimulating and Doucette thinks it happens because it is what they're supposed to do like being asked to care for their children. However, he doesn't think it's a bad thing.

"Have life goals set when you're still a kid," he says.

"By the time I was 10, I didn't matter what you do for a living. Your success and happiness is determined by who you are as a person."

For anyone who is trying to find his or her life's passion, Doucette says to live life fully but to realize that it probably won't look like what they thought it would.

"Don't be discouraged. Just look back and see how you grew, who you became and the people you met along the way."



photos by JENNIFER LAMBERS



Allen Ignatovic, known as Jay Allen, takes his opponent down in a match at the Apex Club in Richmond in December.

PHOTO BY ANDREW SCHWAB

Don't mess with this wrestler

BY KARA MAGPHELAN

He was the pro wrestler in the television arena, in the cage winning matches and hearing the crowd roar for the champion. He wanted it by himself.

Here on his way, Allen Ignatovic, a first-year police foundations student at Cowiata College, known as Jay Allen in the ring, was crowned champion of the Pure Wrestling Association (PWA) of Canada in May 2012.

He said he was always a fan of wrestling, and at the age of 16, he started training with Mike Beckner, the owner of PWA. He had his first match when he was 17 and he said since then he has had about 200.

"I was really nervous because I was the youngest one there," said Ignatovic. "There were a bunch of older guys basically beating me up every single night."

Most people wouldn't stand for that, but it's the nature of the profession. He understood that and said even though he now makes up with back pain at the age of 25, he won't let that stop him from pursuing his dream.

"It's what I wanted to do, so I come back every day. Some days I look back on it and

think 'why did I go through all that?' but deep down I love it."

He was on the wrestling team in middle school, but his high school, Grand River College in Kitchener, didn't have a wrestling team. That's when Ignatovic joined the PWA. Back then it was known as the Pro Wrestling Academy and had a training school in Cambridge, where he was trained and guided by Beckner.

"It's what I wanted to do, so I come back every day."
— Allen Ignatovic

"He believed in me more than I did myself sometimes, and he's the one who has pushed me the most through my whole career," Ignatovic said.

Beckner and Ignatovic started off as a fan and bought tickets to watch matches. Then he decided to join the school and, despite the constant Beckner there too was, he wanted to be trained.

"I told him it would be very hard and that it wasn't his dream. Allen took the chance and proceeded to

have one great time and work him harder than he had ever worked in his life," Beckner said.

"I wasn't sure if Allen was going to make it, but he kept trying and trying and trying—the kid wouldn't quit."

His perseverance isn't the only trait that makes Ignatovic a good wrestler. Despite being a beast in the ring, Ignatovic is friendly and hard working, which makes him someone unique.

"Everyone you ask will say he is respectful, will work hard and would give you the shirt off his back without question if you needed it, qualities that are not found in every pro wrestler," said Beckner.

Both Beckner and Ignatovic are members of how far they Allen will go, not for lack of talent, but the uncertainty and possibility of a career-threatening injury.

However, Ignatovic hopes to take his wrestling career to the next level and, possibly even making the jump from the sport of wrestling to becoming a promoter with World Wrestling Entertainment (WWE).

For more information on the world of wrestling, visit our news page on our website at www.cowata.ca, or call Mike Beckner at 519-888-8708.



PHOTO BY KARA MAGPHELAN

Ignatovic, a first-year police foundations student at Cowiata College, became the Pure Wrestling Association champion in May 2012.